

Oven Barbecued Chicken

(Serves 4)

Ingredients

¼ cup water
2 tbsp cider vinegar
2 tbsp vegetable oil
½ cup tomato ketchup
Hot sauce (optional) to your taste
2 ½ tbsp Curry's Signature Tandoori Rub
Salt to taste
1 whole fryer cut into serving pieces
Vegetable oil spray
1-2 whole garlic pods with skin on

Procedure

1. Preheat the oven to 350⁰ F. Prepare a large baking pan by lightly spraying with vegetable oil.
2. In a small saucepan combine all the ingredients except the chicken pieces and garlic pods and cook over medium heat.
3. Simmer the mixture for about 10-12 min with continuous stirring until the mixture becomes slightly thick in consistency. Set aside.
4. Rinse the chicken pieces, pat dry, and prick them slightly with a fork. Arrange the pieces on the baking pan. Pour half of the barbecue sauce over the chicken and brush smoothly on all sides.
5. Arrange the garlic pods all around the chicken pieces. Spray the chicken with vegetable oil.
6. Bake uncovered, basting the remaining sauce every 20 min. After ½ hour turn the pieces once and baste the other sides with the sauce. Continue baking until the chicken is well done and develops a nice brown color on all sides, about 50-60 min.
7. Serve hot with a side of wild rice and lightly sautéed asparagus.

[**Tip:** This recipe can also be used for grilling your chicken. Marinade the chicken in the prepared barbecue sauce and grill over medium heat charcoal/electric grill. Use the remaining sauce to baste the pieces frequently. Grill it until the chicken is cooked but tender].